

## Understanding Grappling Techniques

In these books, you'll find a comprehensive exploration of grappling techniques within Karate. Unlike long-range fighting techniques, grappling involves intricate movements that can sometimes be challenging to interpret solely through static images.

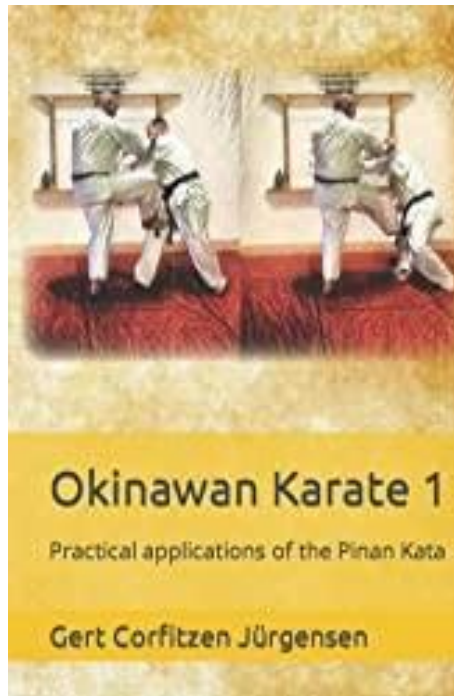
I recommend approaching the content with a hands-on mindset to make the most of this resource. Consider practicing the techniques with a partner, allowing the dynamic nature of grappling to come to life. The accompanying text provides detailed insights, but the true understanding often unfolds through physical engagement.

From the book:

Practical applications of the Pinan Kata.

ISBN-13: 9798434459587 Paperback

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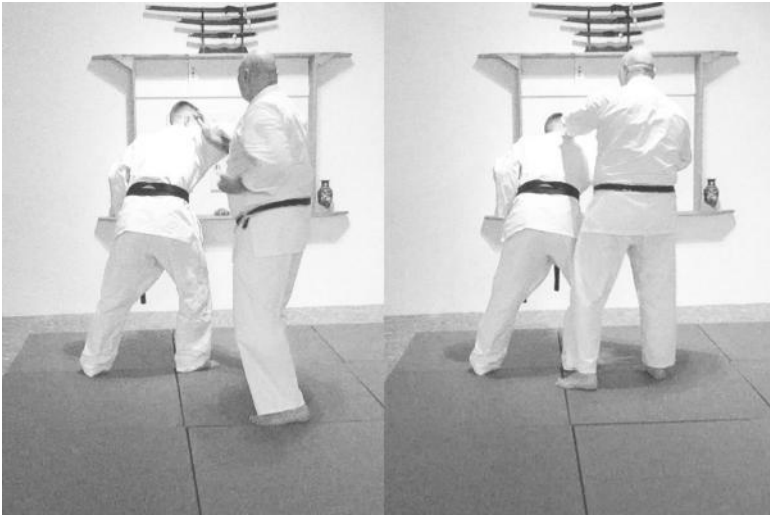


# Techniques 18-19

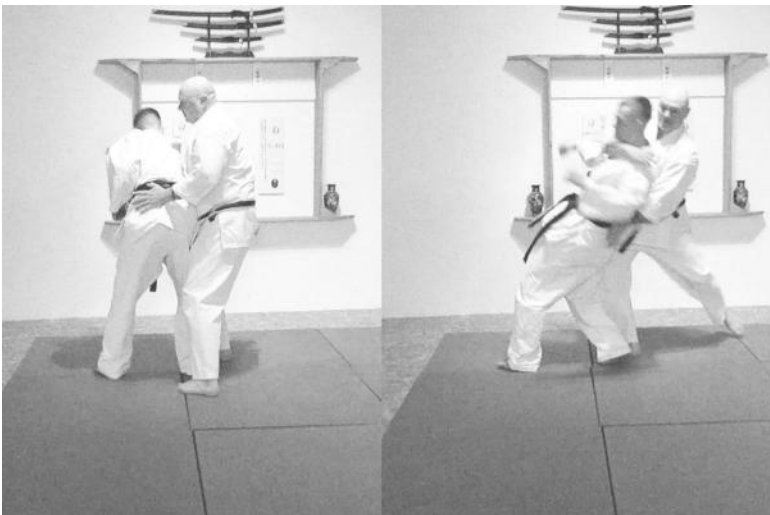
Tech. 18) Haito-uchi (kind of an Uchi-uke) on the outside of the opponent's arm (this is also an attack on his elbow joint).

Now grab his arm with your right hand, and follow up with a left punch to the back of the head.



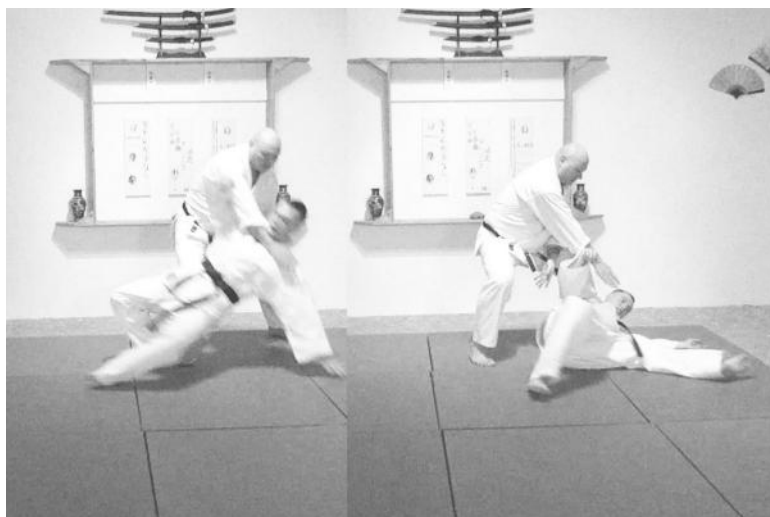


Tech. 19) Your left palm presses into the lumbar (loin) of the opponent. The right arm is around the neck and is pressed in the opposite direction.



Pivot on your right foot (counter-clockwise),  
throwing your left leg around (rotation).

The rotation helps get the opponent down.

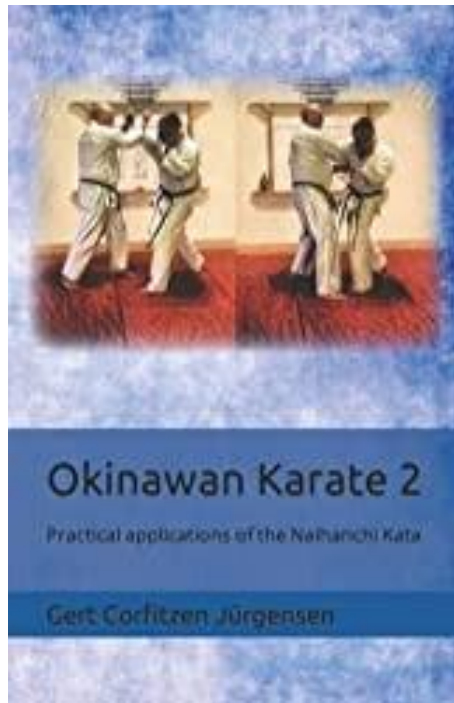


From the book:

Practical applications of the Naihanchi Kata.

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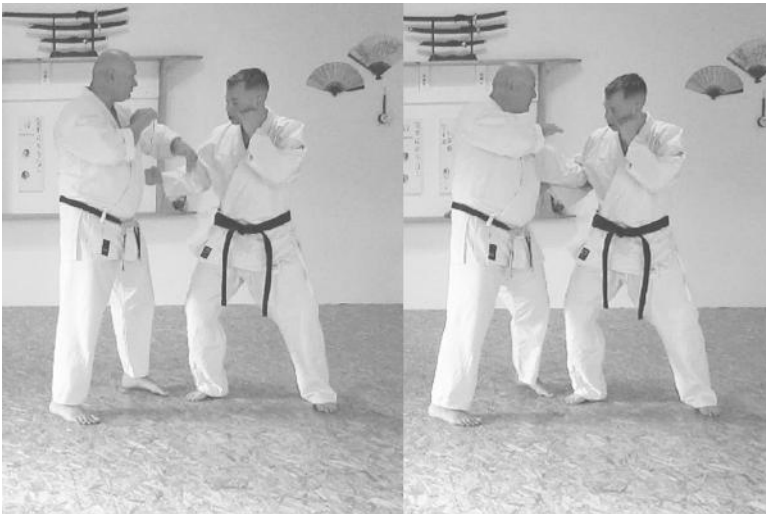


# Technique; Opening sequence + 2 (16)

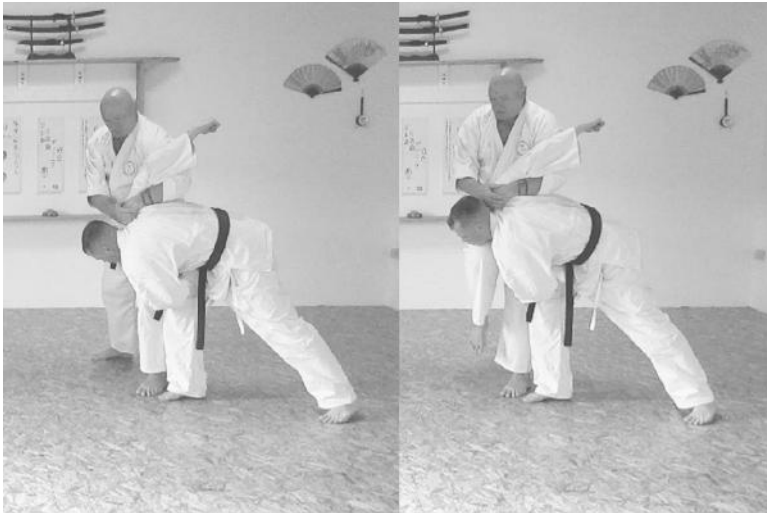
This is another application for the opening sequence and the use of techniques 2.

The opponent attacks with a low right hook.

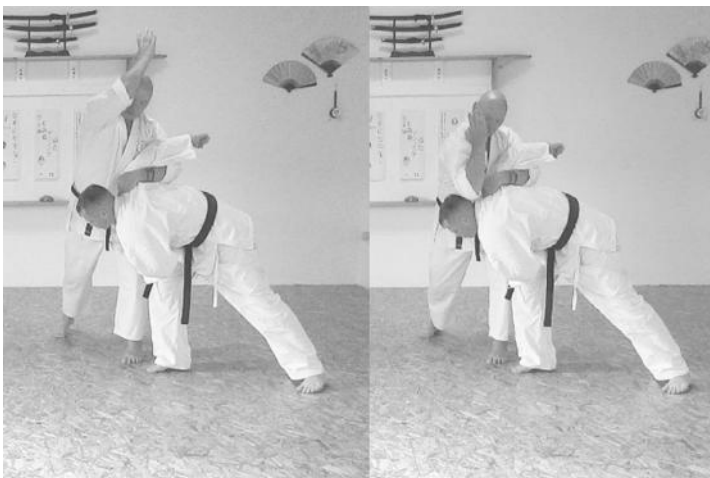
After blocking the hook, bring your left arm/hand under the opponent's right and lock his arm as shown in the pictures. Place yourself in a more favourable position by moving your body to the side of the opponent simultaneously. This gives you protection from a left attack from the opponent.



Right knee kick to the head (tech. 2).



The second part of technique 2, Ura Haito-uchi, is used as a downward elbow strike to the back of the head, the target is where the skull ends and where the spine comes in.



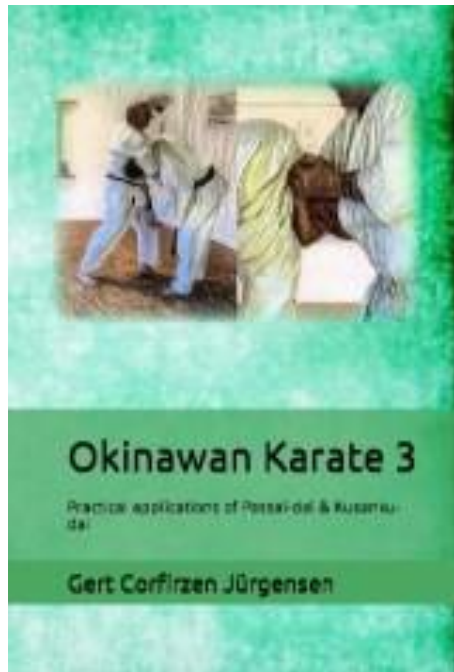


From the book:

Practical applications of Passai-dai & Kusanku-dai

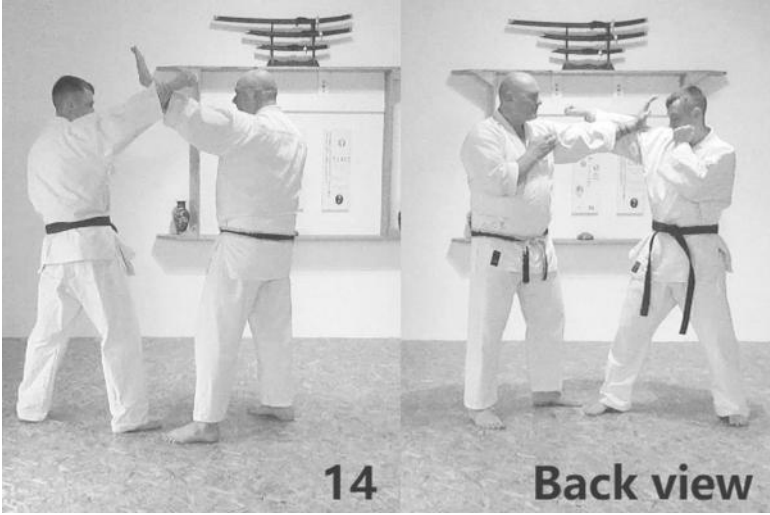
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# Technique 14-15

Block the punch (14) and wrap the arm (15a, b).



While wrapping the arm move forward and hit the chin with a palm strike (15b, c).

